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Lose Weight Fast: Why Carb Cycling is Your Key to Rapid Weight Loss by [Fitness Watcher](#)

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If you have been looking for quick tips to lose weight fast, you've probably run into quite a few dead ends by now. There are many fad diets and different exercise methods out there that claim to help you lose weight fast - with little or no effort at all. But which tips really work to get those extra pounds off for good?

The Basics of Carb Cycling

Any diet insider will tell you that carb cycling is considered to be a secret weapon for burning fat in a short amount of time. Carb cycling is a tactic that advanced bodybuilders have been using for decades to lose weight fast and tone down before a competition.

What is carb cycling exactly? I'm glad you asked! A carb cycling diet will help you to lose weight fast by alternating a low carbohydrate diet with short periods of high carbohydrate consumption. The most popular and most successful plan for carb cycling involves three low carb diet days in a row followed by one day of high carb eating.

As a note, it is important to keep in mind that carb cycling will only help you to lose weight fast if you are operating in a calorie deficit. Meaning, you must already be on a healthy, balanced diet that is designed for weight loss if you want to use carb cycling to jumpstart fat burning and help you to beat a weight loss plateau.

Now that you understand the basics of carb cycling to lose weight fast, here are several benefits to keep in mind:

• Beat a weight loss plateau. If you have been dieting successfully for several months and have come to a standstill, your body has probably hit a plateau. This means that you need to vary your diet and change up your exercise routine if you want to see results.

• Stop cravings. Since you will be alternating high carb diet days with a low carb diet, you can stick to your low calorie diet without having to worry about binging or cheating because of cravings.

• Dramatically reduce your body fat.

• Balance hormones that regulate appetite and metabolism.

Your Carb Cycling Plan

Now that you understand that carb cycling isn't just for elite bodybuilders and fitness models, you can use carb cycling to lose that extra weight if your diet just isn't cutting it any longer. Here is a basic week long plan that you can stick to using the technique of carb cycling to lose weight fast:

1. Day 1: Low Carb Diet/Weight Training
2. Day 2: Low Carb Diet/Cardio
3. Day 3: Low Carb Diet/Rest

4. Day 4: High Carb Diet/Weight Training
5. Day 5: Low Carb Diet/Cardio
6. Day 6: Low Carb Diet/Weight Training
7. Day 7: High Carb Diet/Rest

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<http://www.thefitnesswatchers.com> offers you easy and guaranteed a [lose weight fast](#) programs which are sure to bring your old thin and sexy figure back. a [How to lose weight](#) is extremely easy with the various weight loss programs when dealing with the company. Different a [ways to lose weight](#) are based on scientifically proven techniques.

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